

Cantering Cougars Running Club: Winter and Spring 2013

*****Big Change: Please Take Note!**

Due to the popularity of Running club with all our 3rd through 5th graders (yeah!) we need to make a change to ensure the safety of all club members during practice. Starting now, we will be "splitting" up our running club practices and 3rd Graders will practice on most Tuesdays after school while 4th and 5th graders will practice most Thursdays after school.

Mrs. Burns has volunteered and will be heading up the new 3rd Grade running club practices on Tuesday nights and Neitzel Sensei will continue to volunteer and head up the grade 4 and 5 students on Thursdays. We needed to make this change as the number of students participating in running club was too large to ensure not only a great time during practice but also the safety of the students. The students will be engaging in the same types of practices and this split of practice times will also allow us to do some of the special, fun and engaging activities that we have done in the past now that our groups will be a bit smaller. We thank you in advance for supporting our decision so that we can continue to offer this club to our students here at Clovis.



****We really are looking for any and all parent volunteers to help us out with Running Club, especially now with our new 3rd Grade Team on Tuesday nights!**

We are looking forward to running club again this Winter/Spring Season and working out with our dedicated 3rd, 4th and 5th graders that will continue to have a great time learning how to run, be a part of a team and work on overall fitness and health. Again, here are a few pieces of information to keep in mind while your child is in running club this year.

Code of Conduct

Our Running club at Clovis Grove is just like other athletic "teams" or "clubs" in our district. While it is meant to be a fun and healthy activity for students after school, we will adhere to the guidelines of our Cougar Code at all times and are asking that students commit to attending practices, be respectful our neighborhood and our fellow teammates, be responsible to make sure we are prepared for all practices or to let the "coaches" know when we will not be at a club practice and be safe while we are doing the activities in running club. We will not tolerate poor behavior choices, goofing around or disrespect for adults or fellow students. Please be sure to go over the Running Club Contract with your child before signing them up for club.

Dressing for the Weather

As the weather continues to be cold/cool through the Winter and Spring, it is best to always have a pair of light gloves, a hat or headband and layered clothing (light jacket AND sweatshirt, running pants, socks and tennis shoes) for your child to wear at practice.



We plan to run outside at every club meeting, with the only exception of dangerous or extremely wet weather. It is always good practice to "overdress" for running club as we can take layers off when we feel warm. If we feel it is warm enough in the spring, we will allow the kids to run without hats or gloves **but they need to bring them to school**, just in case. If they don't have the proper clothing to wear at running club, we cannot allow them to run that day and will send them home.

Snacks after school



If you can, please pack a healthy snack for your child, including a water bottle that they can have after school. It is necessary after a hard day of working out our brains to refuel our body for a workout after school! Good snack ideas: fruit, granola bars, sunflower seeds, bread, pretzels, etc. It is a good idea to stay away from citrus fruits as it might bother their stomach when we run and anything with a lot of salt. Please do not send cookies, chips, etc. Running club is trying to promote healthy lifestyles and this means making good choices about eating the right foods as well.



Please do NOT send large Gatorade bottles (or other "sports drinks") to school with your child; Gatorade is just sugar water and should be used by athletes that work out for more than an hour at a fairly heavy pace. Water is the best liquid for your child to be drinking before, during and after running club. And it is free!

DATES for Running Club

Due to school schedules and the schedules of our volunteer teachers who give their time after school to coach your children in Running Club, we will have practices on most Tuesdays (Grade 3) and Thursdays (Grade 4/5) each week. Please keep the dates handy so that your child is prepared for club with all their items they need after school on the days of running club practices. We will take the week of Spring Break off and continue with practices until the first part of May, 2013.

Upcoming running event

There are several running events that take place from March through May. We are also thinking of having our own event, a "Shamrock" shuffle" in March or a "Rain Drop Romp" in April. We will send home information as we receive it about these events so you can choose to participate with you children is you would like.

Don't hesitate to contact us if you have any questions.

Lynn Sessler Neitzel, Japanese Teacher, neitzell@mjsd.k12.wi.us

Susan Burns, Grade 3 Teacher, burns@mjsd.k12.wi.us

Susie Fritsch, Grade 4 Teacher, fritschs@mjsd.k12.wi.us

GRADE 3-Tuesdays

**Running Club Practice
Dates for February
through May, 2013**

Feb 19, 26

Mar 5, 12, 19

Apr 2, 9, 16, 23, 30

May 7, 9*

***May 9th will be a special joint
practice for all grade 3-5**

GRADE 4/5-Thursdays

**Running Club Practice Dates
for February through May,
2013**

Feb 21, 28

Mar 7, 14, 21

Apr 4, 11, 18, 25

May 2, 9*

***May 9th will be a special joint
practice for all grade 3-5**